EN

WWW.IMAZECORP.COM

© 2014 iMaze. All rights reserved. All trade and brand names are registered trademarks of their respective manufacturers registered in the USA and in other countries. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

ref. product: ZSPWATCH-DUAL/001
ref. pack: imaze30-PGSI001-EN

WATCHZ
Product Guide

TABLE OF CONTENTS

About WatchZ	01
Warning	02
What's in the box?	03
Product overview	04
Compatibility	07
How does it work?	09
Install the app	10
Register online to iMaze Cloud	11
Set profile from the app	12
Activate Bluetooth® on phone	13
Activate Bluetooth® on watch	14
Watch main features (mode, time, alarm, view, buzzer, light...)	15
Record a session	20
Delete all sessions	22
Record Laps during a session	23
Sync the watch with the phone	24
View sessions history in the app	26
View sessions history and stats online	27
How to wear the HR strap?	28
Connect the HR strap	29
How to attach the Foot pod?	31
Connect the Foot pod	32
Set heart rate target zone	34
Watch Speed mode	36
Watch Stats mode	38
Watch Lap-Data mode	39
Phone alert notifications	40
Evaluate your fitness level	42
How to replace the battery?	44
Technical specifications and support	45
Precautions and safety instructions	46
Standards and compliance	47
Warranty limitation	49

ABOUT WATCHZ

Thank you for purchasing this iMaze product. When used with the *iMaze Fitness* app, WatchZ is a powerful speed and distance multi-sport watch that syncs with the app to record and analyze your training history and fitness stats on any smartphone, tablet and personal computer. Visit us on www.iMazecorp.com and join the fitness revolution!

Be sure to download our **iMaze Fitness** app for all smart devices.

WARNING

Read all instructions thoroughly before use.

This product is incompatible with Bluetooth® 2.0 enabled devices (or previous) such as iPhone® 3/3S/4 and iPad® 1st and 2nd generations.

iPhone®, iPad®, or other Bluetooth® 4.0 enabled smart device is not included in the box.

This product must be synced to your phone using the free *iMaze Fitness* app.

The use of Bluetooth® phone notifications over prolonged periods will shorten the life of the watch battery.

Before beginning or modifying any exercise program, please consult your physician and a nutritionist to establish a safe regimen. If you have a pacemaker or other implanted electronic device, consult your physician before using a heart rate monitor. The HR strap is intended for recreational use only and is not intended for medical purposes. Heart rate and other readings could be influenced by interference from external sources.

The HR strap is not a medical device and can only be used as a health indicator.

WHAT'S IN THE BOX?

Sport watch

Foot pod

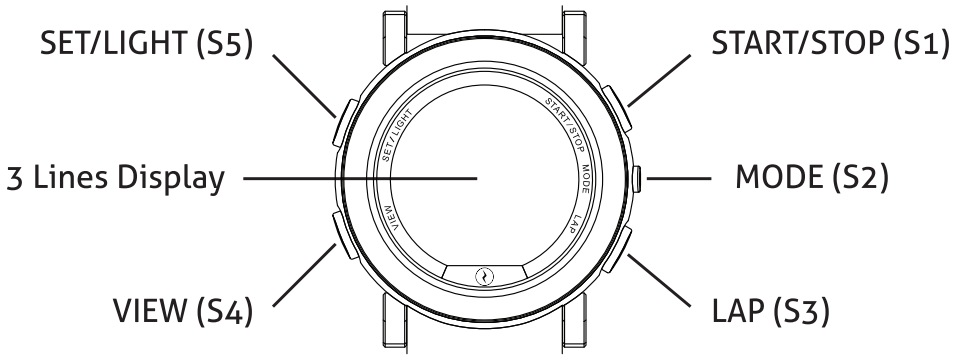
HR & HRV sensor

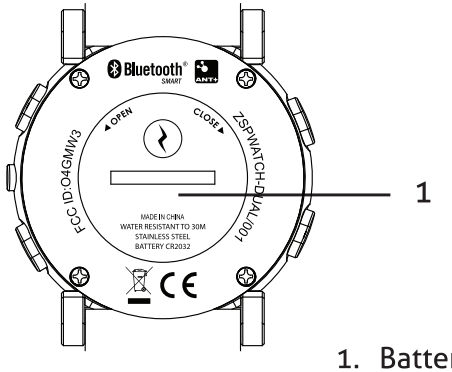
Soft fabric chest strap

User manual

PRODUCT OVERVIEW

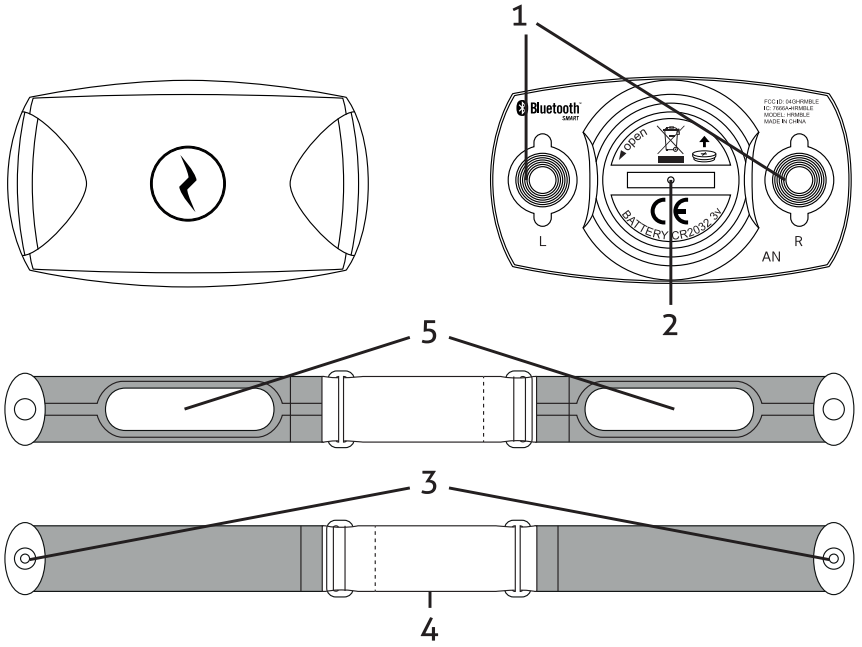
Sport watch





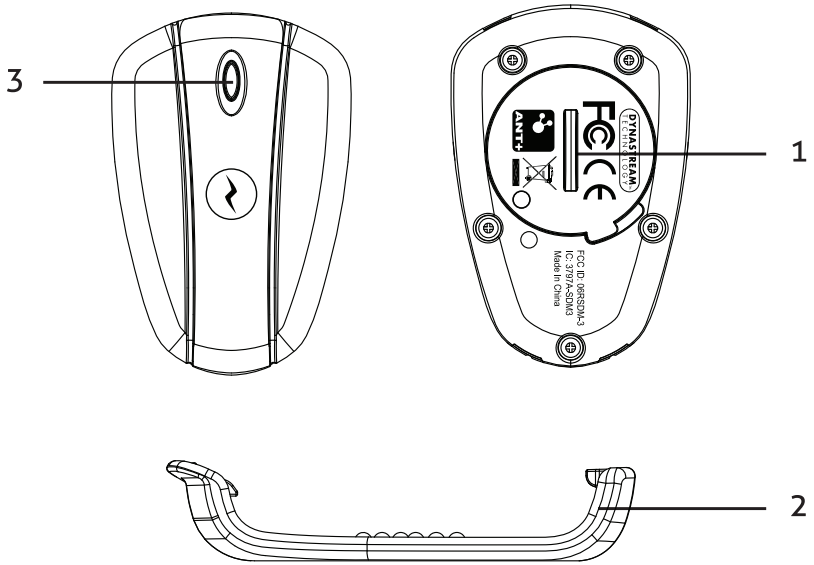
1. Battery cover

HR strap



1. Snap buttons/F
2. Battery cover
3. Snap buttons/M
4. Adjustable strap
5. Conductive pads

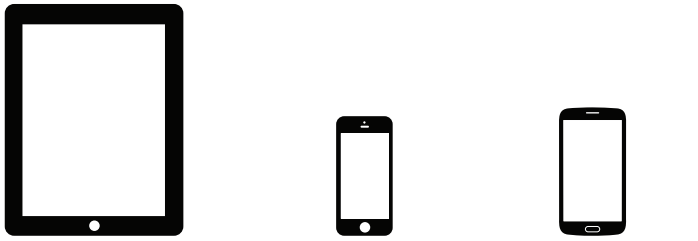
Foot pod



1. Battery cover
2. Foot pod clip
3. CoLight indicator

COMPATIBILITY

Devices



iPad/iPad mini

iPhone 4s and latest

Android phone 4.3+

Apps

iMaze Fitness

Zenn

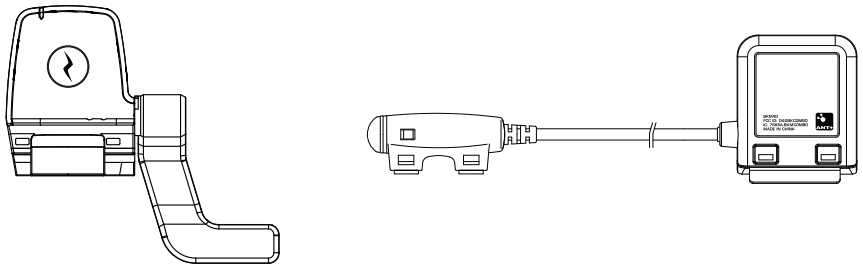
4.3+

iOS 7+

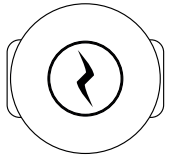
On App Store and Google play

Sensors (optional)

ANT+ bike speed and cadence sensor



ANT+ GPS sensor



HOW DOES IT WORK?

1. Install iMaze Fitess app, activate Bluetooth®, and set personal data from within the app

2. Sync with phone to set the time and date then connect HR stap & foot pod to the watch. Begin your run

3. Start the chrono feature to to begin recording. Press the lap button as needed. Stop then save the session

4. Sync the watch after your run to upload your session then review your stats online

INSTALL THE IMAZE APP

Update your Phone to the latest software – iOS8 or Android 4.3 or above version.

Download the **iMaze Fitness** app from iTunes® or App Store®. You can also find it on our website www.iMazecorp.com.

Download on the App Store

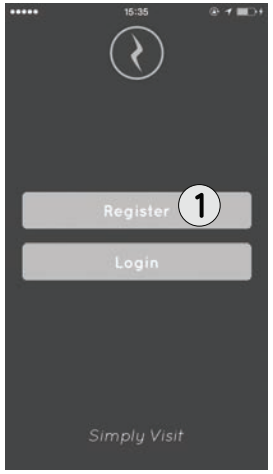
GET IT ON Google play

REGISTER TO IMAZE CLOUD

Create your new account directly from within the app. Click on "Register" (1), type your email and password, confirm password, then validate (2).

Now activate your account by clicking on the link in the confirmation email. You must use a valid email. Check your mailbox.

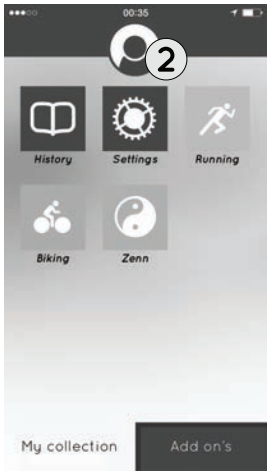
You can also register directly using your Facebook® account (3).



Email sent
For security purposes, we just sent you a confirmation email. Please click on the link in the email from your phone to activate your account.
OK
2

SET PROFILE FROM THE APP

Enter your personal data directly from within the app: Name, Age, Gender, Height, Weight... Then validate (1).Your profile displays automatically after registration. You can access your personal data anytime from the app dashboard "My collection" (2). You do not need to set a profile in the watch.

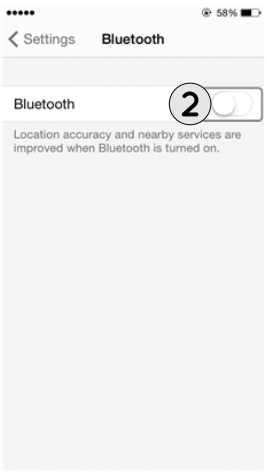


Welcome to the iMaze community!
All of your sessions and settings will now be recorded in the cloud and accessible anytime online using the app or a computer. Login to access your personal dashboard and begin your fitness journey!

ACTIVATE BLUETOOTH® ON PHONE

Restart your phone (1).
Turn on Bluetooth® in Phone Settings* (2).

* *Do not attempt to connect your iMaze watch on this page.*



Bluetooth activation may work differently for different phones. Please consult your phone manufacturer's support resources for detailed instructions on installation and use.

ACTIVATE BLUETOOTH® ON WATCH

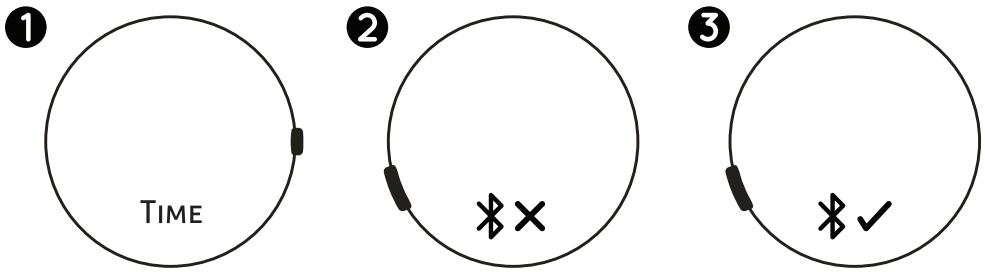
Put the watch in TIME mode (1) by pressing on MODE (S2).

Press VIEW (S4) until Bluetooth icon displays (2).

Press and hold VIEW for 2 secs to enable/disable Bluetooth (3).

Bluetooth ON: a "✓" displays next to Bluetooth
Bluetooth OFF: a "✕" displays next to Bluetooth

Activate Bluetooth on the watch before you connect to the phone for training sessions downloading or for phone notifications. Be aware that excessive use of phone notifications will reduce the battery life.
The Bluetooth switches off automatically after 8 hrs.

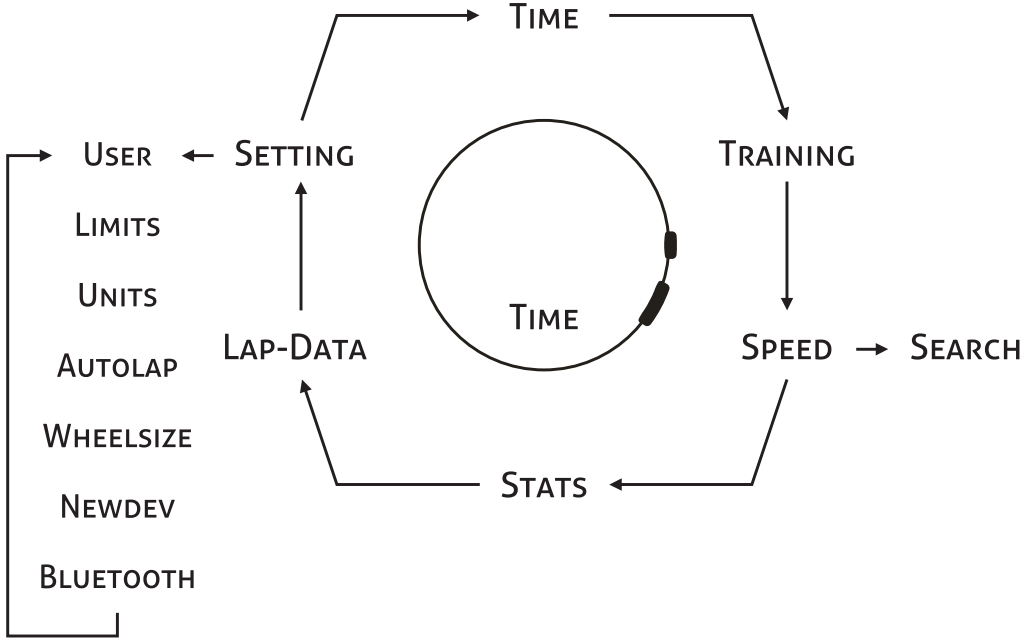


WATCH MAIN FEATURES

MODE

Press MODE (S2) consecutively to change the mode.

In TIME, SPEED and SETTING modes, Press LAP (S3) to change sub-modes.



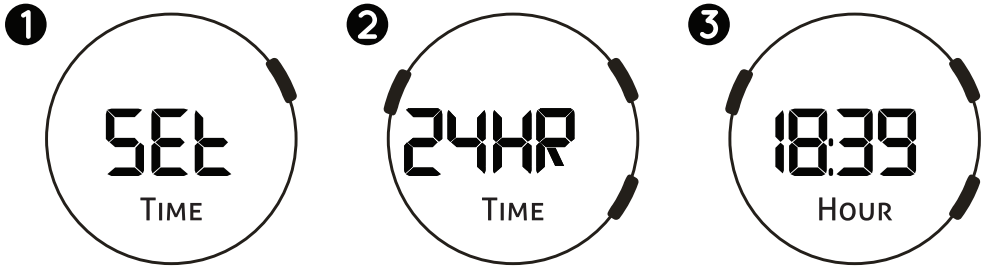
SET TIME

In TIME mode, Press and hold START/STOP (S1) for 4 secs (1). The screen displays SET TIME until entering into time setting mode.

Select 24 Hr or 12 Hr mode by pressing SET/LIGHT (S5) or START/STOP (S1). Press LAP (S3) to validate (2).

Set Hour up or down by pressing START/STOP (S1) or SET/LIGHT (S5). Press LAP (S3) to validate (3).

Set Minute, Year, Month, Day using the same method.



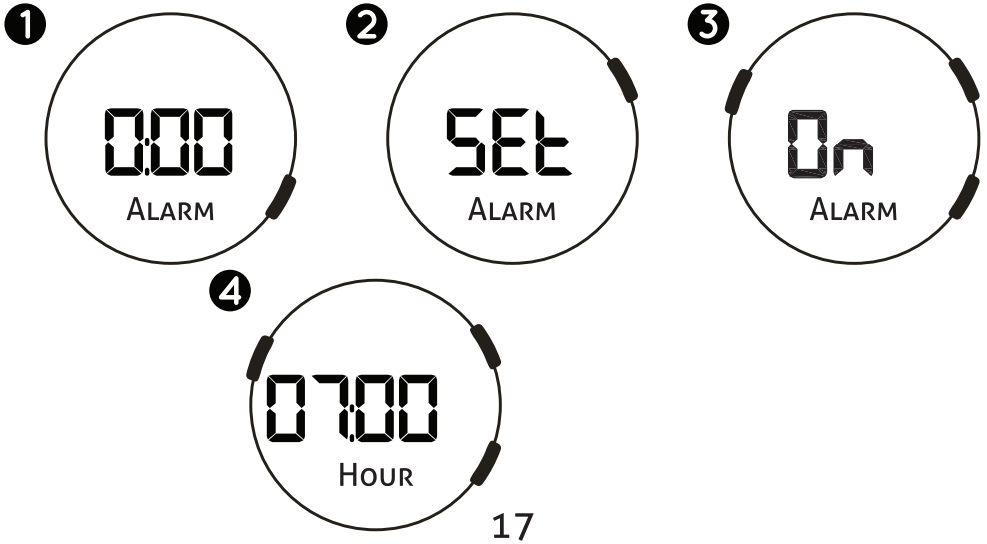
SET ALARM

In TIME mode, Press LAP (S3) to display Alarm mode (1).

In ALARM mode, Press and hold START/STOP (S1) for 5 secs (2). The screen displays SET ALARM until entering into Alarm setting mode.

Switch ON / OFF the Alarm by pressing SET/LIGHT (S5) or START/STOP (S1). Press LAP (S3) to validate (3).

Set hour up or down by pressing START/STOP (1) or SET/LIGHT (S5). Press LAP (S3) to validate (4). Set Minute, using the same method.



VIEW

In TIME / TRAINING / SPEED modes, Press VIEW (S4) to cycle data on the 3rd display line.

Date

Average Heart Rate (bpm)

Total Training time (00:00)

Current Lap time (00:00)

Current Speed Units (Km/h or mi/h)

Current bike cadence (RPM) if paired with Bike S&C sensor
or
Current Pace (SPM) if paired with foot pod

Average Speed Units (Km/h [mi/h] or min/km [min/mi])

Distance (Km or mi)

Bluetooth status (ON/OFF)

BUZZER

In any mode, Press and hold SET/LIGHT (S5) for 3 secs to enable / disable the buzzer.

Buzzer ON: 2 beeps sound
Buzzer OFF: 1 long beep sound

LIGHT

In any mode (except in Setting mode), press SET/LIGHT (S5) to turn ON the screen backlight. It remains lit for 5 secs.

RECORD A SESSION

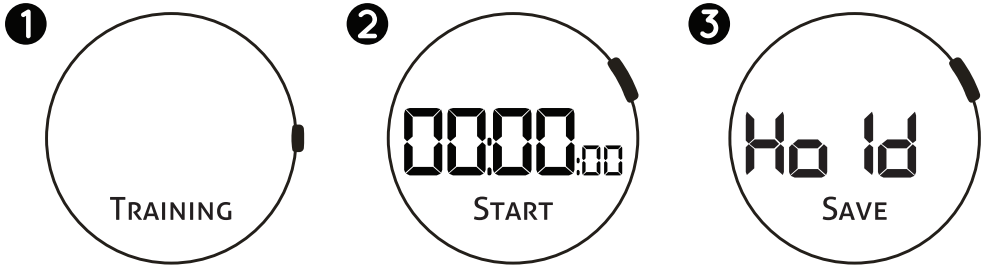
Put the watch in TRAINING mode (1) by pressing on MODE (S2).

Press START/STOP (S1) to start/stop recording of the session (2). The stopwatch starts. It displays the training time in real-time and indicates the stopwatch status on the 3rd display line:

Start - Ready to start the session
Run - The stopwatch is running. The watch is recording
Lap - Recording a Lap
Stop - The stopwatch has stopped

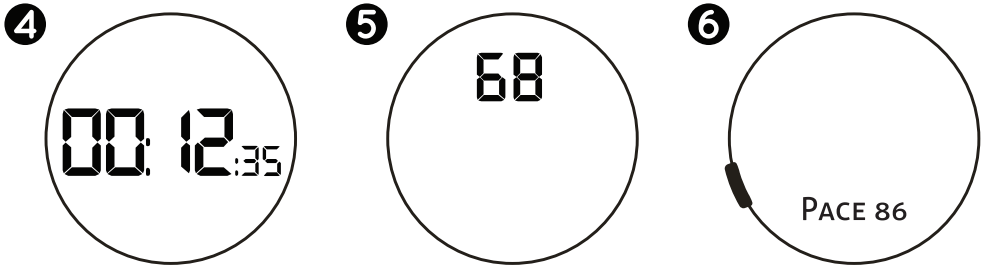
During a session, put the watch in STATS mode to review your training statistics. See page 37. Note that once the session has been saved, that session's STATS are no longer viewable on the watch.

After training (stopwatch stopped), press and hold START/STOP (S1) for 4 secs to save the recorded session (3).



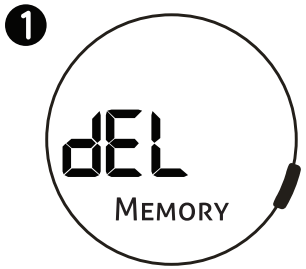
In TRAINING mode, the main information displayed is stopwatch (4) and heart rate (5), if the HR strap is connected.

If the Foot pod is connected, pace and distance will be also displayed on the 3rd display line (6). Press VIEW (S4) to cycle other information. See page 18.



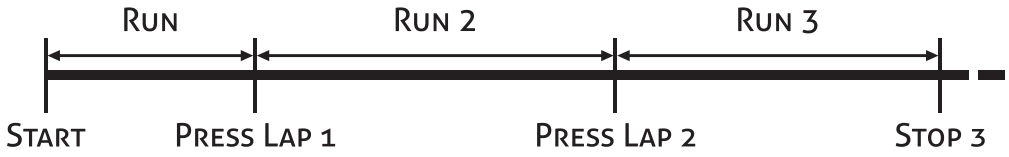
DELETE ALL SESSIONS

In TRAINING mode, press and hold LAP (S3) for 4 secs to delete the watch memory and erase all saved sessions (1).



RECORD LAPS DURING A SESSION

During a session in TRAINING mode when the stopwatch is running, press LAP (S3) to record laps (3). You can record up to 50 laps.



When recording a lap, the lap duration (RUN 1 ... RUN 50) and lap number (LAP 1 ... LAP 49) are displayed for 5 secs then the display returns to total time duration since the stopwatch started.

SYNC THE WATCH WITH THE PHONE

Enable Bluetooth on both Phone and Watch. See pages 13-14.

Tap on *WatchZ* (1) in Add on's to install WatchZ features to the app.

In *My collection*, tap on *WatchZ* (2) to launch the watch dashboard.

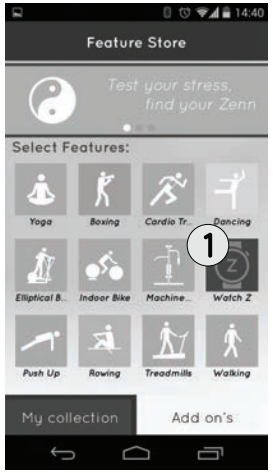
Make sure the watch is within the proximity range and tap on *Start* (3).

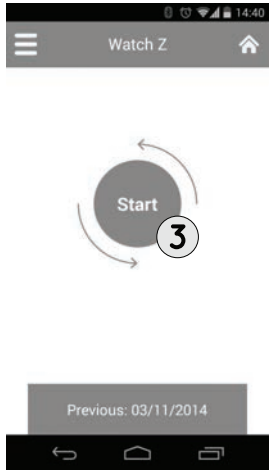
The phone looks for a nearby Watchz. When found, a pop-up displays the session details. Select the activity (4) then confirm (5).

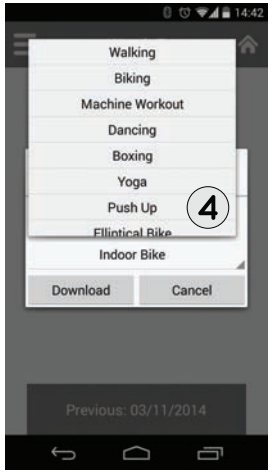
If several sessions have been recorded in the watch, a new pop-up will appear for each session. Repeat the method.

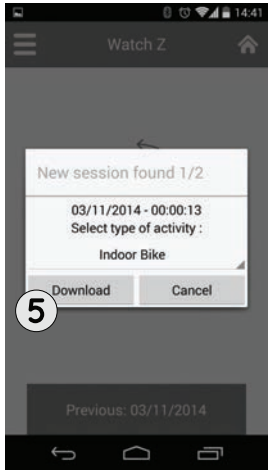
When all the sessions are downloaded the watch memory is erased. The sessions are automatically synced and saved to the iMaze Cloud.

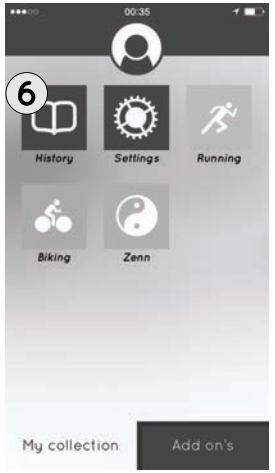
Tap *Home* to quit then *History* to access the sessions (6). See pages 26-27.









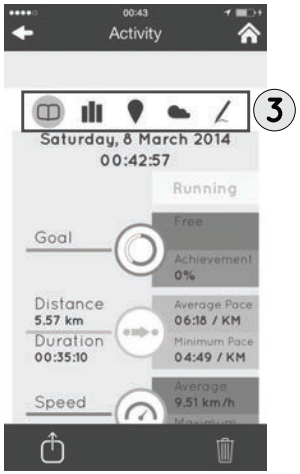


VIEW SESSIONS HISTORY IN THE APP

In *My collection*, the home page of the app, tap on *History* (1).

All your sessions are displayed by *Week* or *Month* (2). Tap on desired list.

Tap on a session to see all detailed information (3). Each session report contains 5 sections: *Summary*, *Graphs*, *Map*, *Weather* and *Comments*.

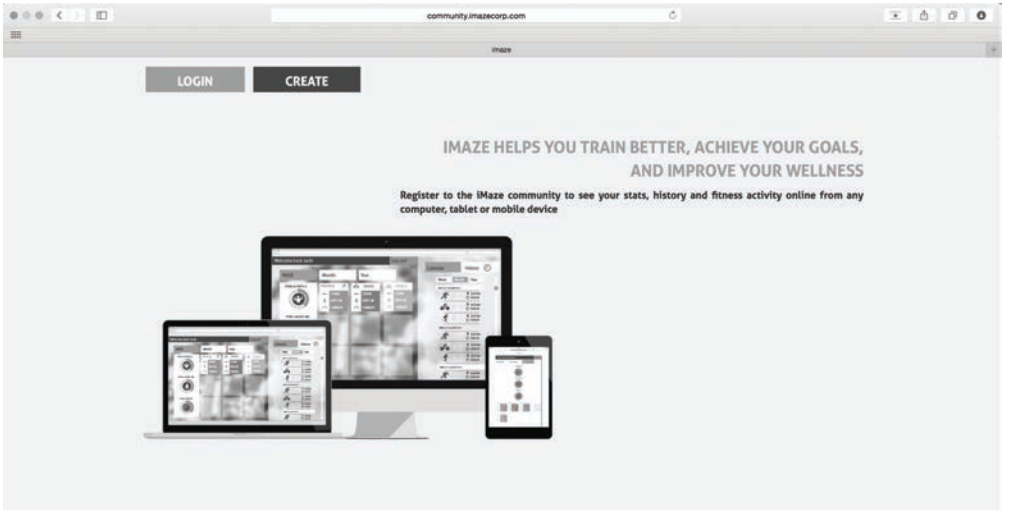


VIEW SESSIONS HISTORY AND STATS ONLINE

You must register and connect to the iMaze cloud to review all your sessions and stats online.

LOGIN at community.imazecorp.com with your email and password to access your personal dashboard.

If you didn't create your iMaze account yet, click on CREATE then follow the 4 easy steps online.

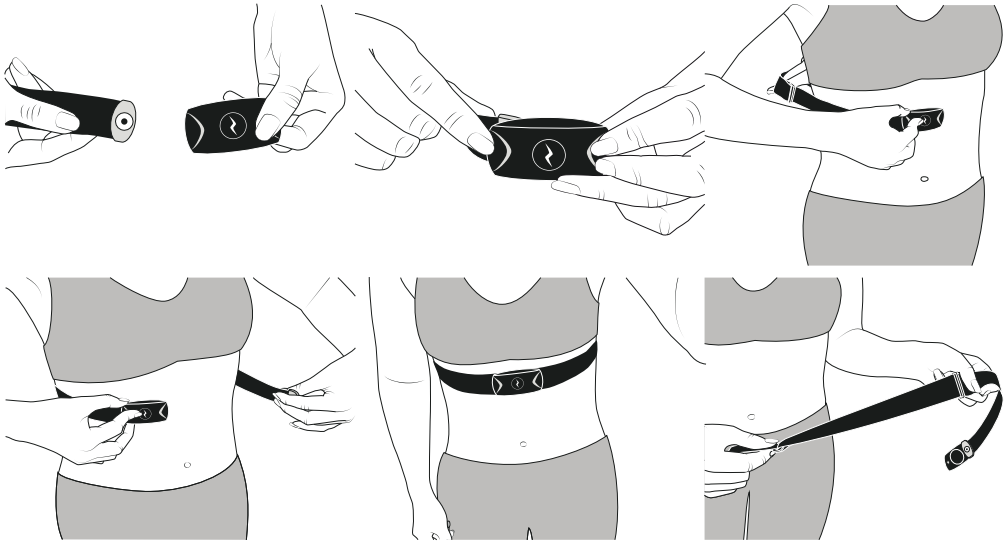

community.imazecorp.com
imaze
LOGIN
CREATE
IMAZE HELPS YOU TRAIN BETTER, ACHIEVE YOUR GOALS,
AND IMPROVE YOUR WELLNESS
Register to the iMaze community to see your stats, history and fitness activity online from any computer, tablet or mobile device

HOW TO WEAR THE HR STRAP ?

Attach the HR strap to your chest as follows:

(1) Snap the Dual HR sensor into one end of the fabric strap
(2) Adjust the fabric strap length to fit your chest
(3) Wrap it around your back, keeping the Dual HR sensor facing up on your chest and the conductive pads in contact with your skin
(4) Snap the other end of the strap into place

Before wearing, **moisten both conductive pads of the strap with water**. Make sure that the strap is comfortably but snugly attached around your chest.



CONNECT THE HR STRAP

When the 2 conductive pads are properly moistened and positioned on your chest, the HR strap automatically detects, measures, and wirelessly transmits your heart rate (beats per minute) in real time to the watch.
Before using, the HR strap must be paired with the watch. This is only necessary when you connect the HR strap for the first time.

PAIRING THE HR STRAP

In SETTING mode, Press LAP (S3) to display PAIR NEWDEV (1). Then press START/STOP (S1) to search for devices nearby. The Heart icon appears and flashes during the search.

When the Dual HR strap is detected, the screen displays PR SPD DEV (3). Confirm pairing by pressing START/STOP (S1). It displays SPD OK when the foot pod is paired. Press MODE (S2) to exit.

CONNECT THE HR STRAP

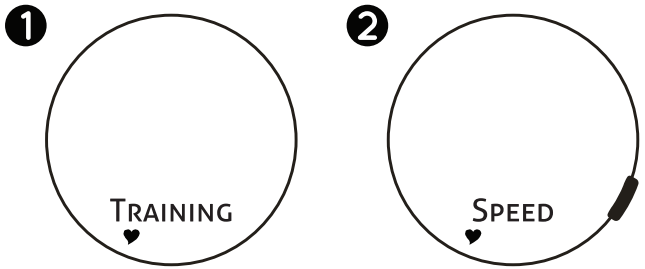
Once paired, the HR strap is automatically connected to the watch when entering into TRAINING or SPEED modes (1). The Heart icon blinks then displays when the device is connected.

If the HR strap doesn't connect:

1) Make sure to moisture the conductive pads before wearing the strap snugly around your chest.

2) Keep the HR strap within the proximity range.

3) Launch device searching manually by pressing LAP (S3). The Heart icon will flash during search (2).

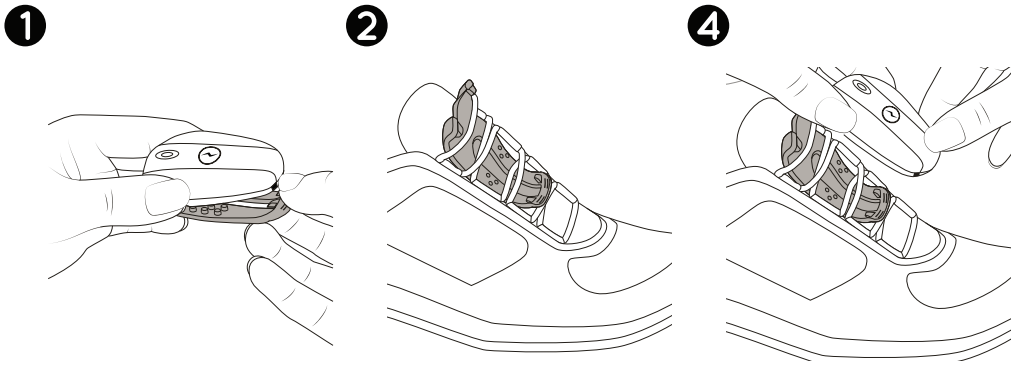


HOW TO ATTACH THE FOOT POD ?

Attach the foot pod to the laces of your running shoes as follows:

(1) Remove the foot pod from the clip
(2) Attach the clip by sliding it under the laces
(3) Tighten the laces
(4) Attach the foot pod to the clip

To ensure accurate measurement, make sure the device is well aligned with the shoe and tightly secured (cannot move around).



CONNECT THE FOOT POD

The Foot pod automatically detects, measures, and wirelessly transmits your speed and distance in real time to the watch. The foot pod reacts to motion. To turn it on, shake it several times until the red light blinks 3 times. Turn it on before connecting / pairing.

Before using, the Foot pod must be paired with the watch. This is only necessary when you connect the foot pod for the first time.

PAIRING THE FOOT POD

In SETTING mode, Press LAP (S3) to display PAIR NEWDEV (1). Then press START/STOP (S1) to search for devices nearby. The foot pod icon appears and flashes during search.

When the Foot pod is detected, the screen displays PR SPD DEV (3). Confirm pairing by pressing START/STOP (S1). It displays SPD OK when the foot pod is paired. Press MODE (S2) to exit.

CONNECT THE FOOT POD

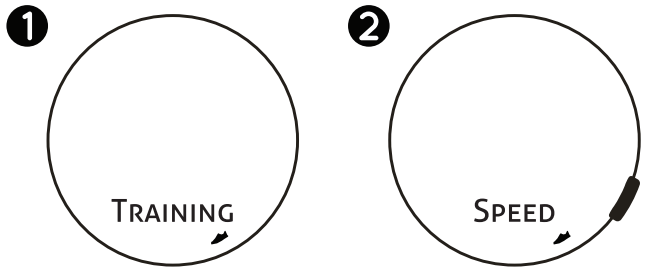
Once paired, the foot pod is automatically connected to the watch when entering into TRAINING or SPEED modes (1). The foot pod icon blinks then displays when the device is connected.

If the foot pod doesn't connect:

1) Make sure that you turned it on. The Light indicator must flash 3 times.

2) Keep the foot pod within the proximity range.

3) Launch device searching manually by pressing LAP (S3). The foot pod icon will flash during search (2).



SET HEART RATE TARGET ZONE

Set the training HR zone directly from within the app.

Make sure that your profile is correctly set. See section page 12.

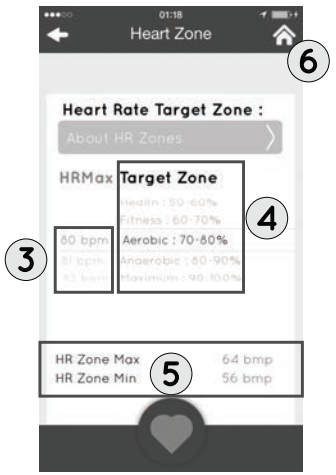
In *My collection*, the home page of the app, tap on *Settings* (1). Access Heart Rate Target Zone by taping on *Heart Rate Alarm* (2). You can also access Heart Rate setting from the activity dashboard menu.

Set your maximum heart rate *HRMax* (3). It's set at 220 bpm minus your age as default. Example: I set my age as 39 in *Personal data* so my HRMax is 181 bpm (220 – 39)

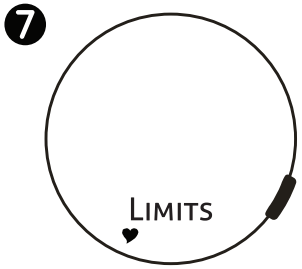
Select your training zone (4): Health, Fitness, Aerobic, Anaerobic, Maximum. The maximum and minimum thresholds *HR Zone Max* and *HR Zone Min* adjust automatically according to the zone (5)

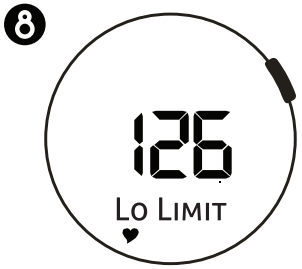
Tap *Home* to quit (6)

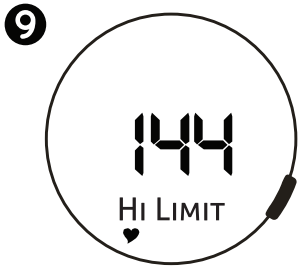
The next time that you sync the watch, the app will automatically set the parameters of the watch.



In the watch, go to SETTING mode then press LAP (S3) to display LIMITS (7). Press START/STOP (S1) to display *HR Zone Min* [LO LIMIT] (8). Press LAP (S3) to *HR Zone Max* [HI LIMIT] (9).





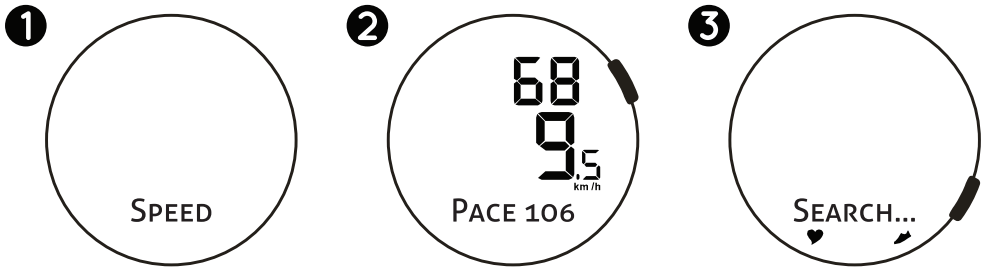


WATCH SPEED MODE

Put the watch in SPEED mode (1) by pressing on MODE (S2).

The SPEED mode displays data without recording. It displays Speed and Heart rate (2). Cycle other information by pressing VIEW (S4). See page 18.

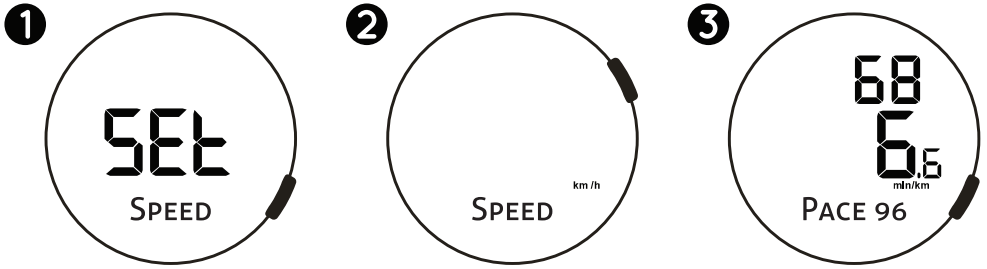
Connect paired sensors by pressing LAP (S3). The display indicates SEARCH... and icons of paired devices flash (3). Once the sensors link, the related icon remains on and the display returns to SPEED mode (2).



Push and hold LAP (S3) for 4 secs to SET SPEED mode (1).

Press START/STOP (S1) to switch speed unit from km/h [mi/h] to min/km [min/mi] and vise versa (2).

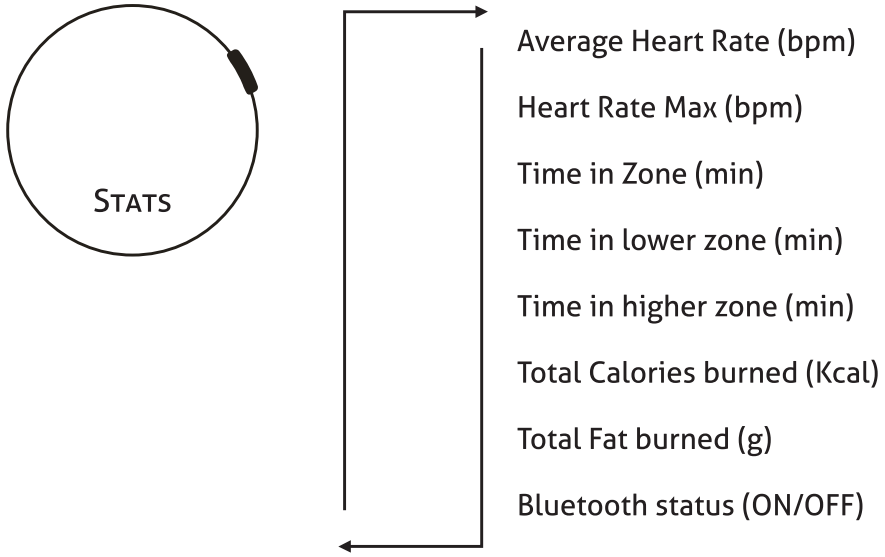
Press LAP (S3) to return to SPEED mode (3).



WATCH STATS MODE

Put the watch in STATS mode (1) by pressing on MODE (S2).

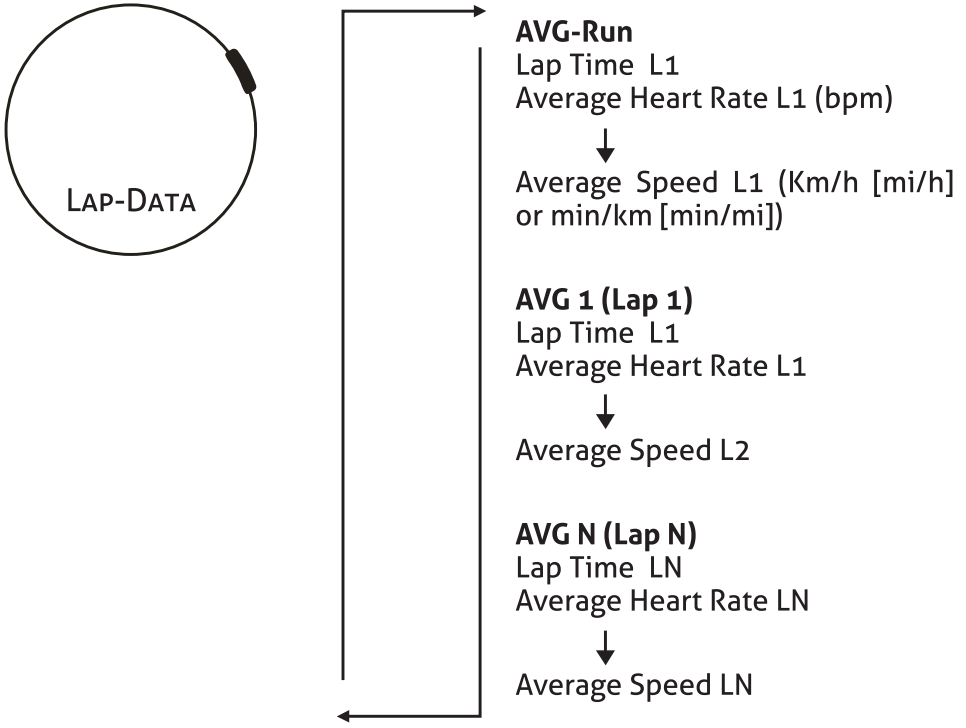
Press LAP (S3) to cycle different stats of the latest recorded or current session.



WATCH LAP-DATA MODE

Put the watch in STATS mode (1) by pressing on MODE (S2).

Press LAP (S3) to cycle lap data of the latest recorded or current session. For each Lap, the watch displays: lap time, average heart rate then average speed.



PHONE ALERT NOTIFICATIONS

Enable Bluetooth on both Phone and Watch. See pages 13-14.

Make sure the watch is within the proximity range. In *My collection*, tap on *WatchZ* (1) to launch the watch dashboard.

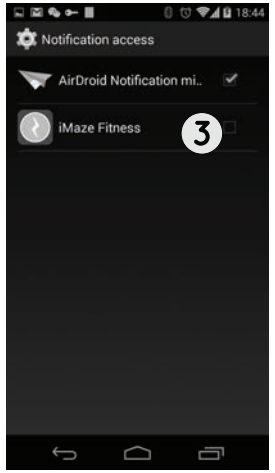
Confirm notification access for WatchZ (2).

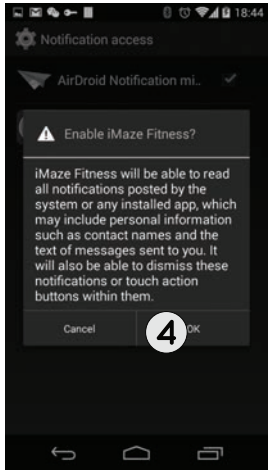
In phone notification access, select *iMaze Fitness* (3) and enable *iMaze Fitness* to access phone notifications (4).

Tap on *Menu* to display Alert notifications (5).

Enable / Disable phone notifications: Calls, SMS, messages (6).

You must synch the watch with the phone at least one time. Tap on *Start* (7). See pages 24-25. You have now both phone and watch associated for alert notifications.




Notification access
AirDroid Notification mi..
Enable iMaze Fitness?
iMaze Fitness will be able to read all notifications posted by the system or any installed app, which may include personal information such as contact names and the text of messages sent to you. It will also be able to dismiss these notifications or touch action buttons within them.
Cancel
4
OK

EVALUATE YOUR FITNESS LEVEL

The Dual HR strap features our new health wellness monitor giving you an indication of your daily level of stress and fatigue based on Heart Rate Variability*. With a simple one minute assessment each morning during rest, the Zenn in-app feature will track your daily Zenn score scaled from 0-100. The higher your Zenn is – the better you are! Looking at your daily and weekly Zenn index evolutions, you can adjust your training load to optimize results. To measure your Zenn index:

Put on the HR strap. See page 28.

Enable Bluetooth on both Phone and Watch. See pages 13-14.

Tap on *Zenn* in Add on's to install *Zenn* features to the app (1).

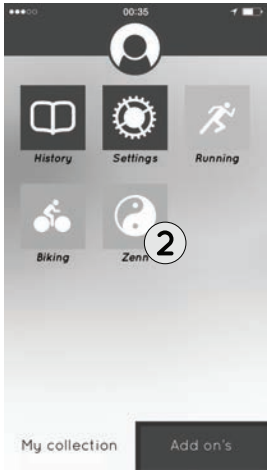
In *My collection*, tap on *Zenn* (2) to launch the app.

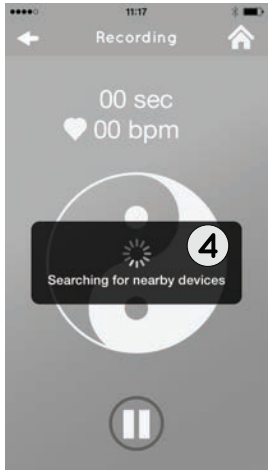
Sit down in a resting position then tap on Play to start assessment (3). The app looks for a nearby HR strap and connects (4). The 1 min timer starts counting down.

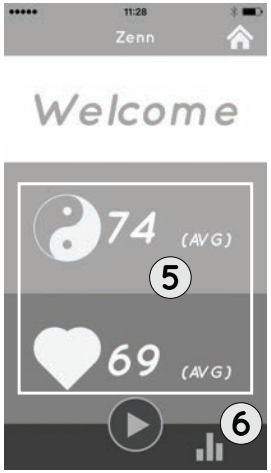
Once the measurement is done, it displays your Zenn index as well as your Average Heart rate (5). Tap on *History* (6) to see trends.

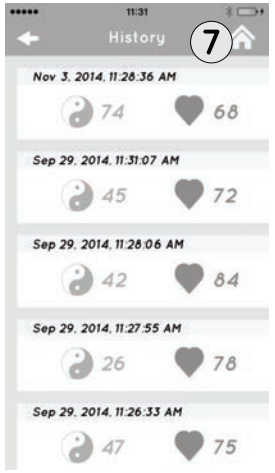
Tap *Home* to quit (7).

* It's not a medical device and can only be used as overall indicator of health. Accurate and proven method of RMSSD.









HOW TO REPLACE THE BATTERY?

We advise you to contact an authorized facility to change the battery. By changing the battery yourself, you risk damaging the 0-ring and compromising the water resistance of the product, thereby voiding the warranty.

Watch

Use a coin to unscrew the battery cover counterclockwise to open the battery compartment at the back of the watch.

Remove and replace the old battery with a CR2032 type e-cell by inserting as indicated by the polarity markings (+/-).

Put the battery cover back in place and turn clockwise till the cover is secured. Make sure the 0-ring is in the correct position.

Sensors

Use the same method but only ¼ turning of the battery cover is necessary.

TECHNICAL SPECIFICATIONS AND SUPPORT

Specifications

Certified Bluetooth® 4.0 and ANT+™
5 to 8 Hrs of workout recording
Heart Rate range from 30 to 240 bpm
Heart Rate Variability (R-R intervals)
Speed from 3.6 km/h to 19.8 km/h (3 ft/s to 16.5 ft/s)
Syncs with iMaze Fitness app
Transmission range up to 3m (~10 feet) in open areas
Firmware upgradable wirelessly
Replaceable battery - CR2032 lithium battery
Battery life during normal use: > 1 year
Water resistance: 30 m / 100 ft.
Operating temperature: 0°C ~ 50°C
Storage temperature: 20°C ~ 60°C
Weight: total ~129g (~4.55oz): ~64g (unit) + ~65g (sensors)

Support

If you have any questions, please contact us at: **support.imazecorp.com**
You can also consult troubleshooting and FAQ guides on our website.

PRECAUTIONS AND SAFETY INSTRUCTIONS

Do not dismantle the product or attempt maintenance yourself.

This product contains an e-cell battery; do not dispose of the product into household trash. Instead, store it separately and contact your local dealer for disposal.

Do not throw the product into fire.

This product is not intended for use by young children or infirm persons without supervision.

STANDARDS AND COMPLIANCE

FCC regulation

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference.
(2) This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class C digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Please Note: Any change or modification, which has not been expressly authorized by iMaze is liable to invalidate the authorization granted to the user for the use of the equipment.

CE declaration of conformity

Product name: WatchZ

Is herewith confirmed to comply with the requirements set out in the Council (European Parliament) Directive on the Approximation of the Laws of the Member States relating to Electromagnetic Compatibility of Radio and Telecom devices (1999/5/EC). For the evaluation regarding this Directive, the following standards were applied:

EN 300 440-1 V1.6.1:2010
EN 300 440-2 V1.4.1:2010
EN 301 489-1 V1.8.1:2008
EN 301 489-3 V1.4.1:2002
EN 62479:2010
EN 60950-1/A12:2011
EN 300 328 V 1.8.1:2012
EN 301 489-17 V 2.2.1:2012

WARRANTY LIMITATION

iMaze guarantees the initial purchaser that this product is free from defects of materials or manufacture for a period of two years from the date of purchase. Please keep your receipt as proof of purchase.

This warranty does not cover damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance, from commercial use or from use of non-approved software applications.

This warranty does not cover loss (device and data) resulting from malfunction or misuse of the product.

This warranty does not cover damage resulting from repairs carried out by persons not authorized by iMaze.

The warranty does not cover batteries or cracked or broken casings where signs of a blow are evident.

All photos and pictures representing our products on packaging are not contractual.